



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Fitness Programs

For Active Older Adults

FOR THOSE INTERESTED IN INCREASING THEIR HEART HEALTH, MUSCLE STRENGTH, FLEXIBILITY, AND BALANCE. CLASSES ARE TAUGHT BY CERTIFIED FITNESS INSTRUCTORS who have additional training in working with older adults.

Join us for these fantastic classes
EVERYDAY:

Mondays at 10am Zumba Gold
Tuesdays at 10am Senior Flex
Wednesdays at 10am Senior Strength
Thursdays at 10:30am Zumba Gold
Fridays at 10am Senior Strength

**Classes are \$6 a class OR a Class Pass
for 10 classes at \$40!**



Try out a class today!



Holiday Park – Social Center

City of Fort Lauderdale
1150 G. Harold Martin Drive
Fort Lauderdale, FL 33304

For more information call
954.828.5383

THE Y BRINGS PEOPLE TOGETHER TO STRENGTHEN COMMUNITY